

*Speak with truth
& love*

*guard your
heart
and mind*



*check your
heart*

*guard your
children*

Guard Your Heart and Mind

“One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to see him in his temple.”

-Psalm 27:4 NIV

Guard Your Heart and Mind

“I will refuse to look at anything vile and vulgar.”

-Psalm 101:3

Guard Your Tongue

“but no one can tame the tongue. It is restless and evil, full of deadly poison.”

-James 3:8

Guard Your Tongue

“Take control of what I say, O Lord, and guard my lips.”

-Psalm 141:3

Communicating Via Media

-Instant and Distant

- Lack Clarity
- Lack Inhibitions

Guard Your E-Tongue

Wait

“You must all be quick to listen, slow to speak, and slow to get angry.”

-James 1:19

Guard Your E-Tongue

When In Doubt, Don't

“Too much talk leads to sin. Be sensible and keep your mouth shut.”

-Proverbs 10:19

Guard Your E-Tongue

Check Your Message

“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.”

-Philippians 4:8

Guard Your E-Tongue

Check Your Motives

“The purpose of my instruction is that all believers would be filled with love that comes from a pure heart, a clear conscience, and genuine faith.”

-1 Timothy 1:5

Guard Your E-Tongue

Question the Venue

“A loud and cheerful greeting early in the morning will be taken as a curse.”

-Proverbs 27:14

Guard Your E-Tongue

Be Radical

“And if your hand – even your stronger hand – causes you to sin, cut it off and throw it away.”

-Matthew 5:30